

səlilwətaɬ

TWN Health & Wellness

Mental Wellness Toolkit



čecəwəɬ leləm

"Helping House"



Tseil-Waututh Nation



604-787-5468

mentalwellness@twnation.ca

Message from the Mental Wellness Team,

The Mental Wellness Team is committed to creating holistic, trauma-based, mental wellness support services with consistent, dedicated, mental health professionals who create culturally informed programs that meet the needs of the Tsleil-Waututh Nation community.

We welcome feedback and ideas on how we can do better.

Intake Process

Please reach out for supports through this central number or email. Our current intake person is Mardean Neuman, Mental Wellness and Addictions Counsellor. We also strive to be low barrier, so if you would rather do an intake directly with one of our therapists, that's okay too. Please reach out to them directly.

Mental Wellness intake/referral phone number is 604-787-5468 and we have our own email address, mentalwellness@twnation.ca.

Where to Find Us

You can find our Mental Wellness offices in the upper middle section of the Administration Building. We can be accessed through the main administration reception, where you can sit and wait, or enter the mental wellness space from the back door by arranging with your practitioner. We are very accessible and every door is a pathway in!





Group Programs Schedule Launch

See TWN Website and TW Nation Facebook Group for updates

STEPS Youth Program

Tuesdays, 4pm – 5pm, Teen Drop-In Centre

Women's Group

Tuesdays, 5:30pm – 7:30pm, Teen Drop-In Centre
(check for updates)

2spirit Group

Thursdays, 6:30pm – 8:30pm, Teen Drop-In Centre

Wellbriety Group

Thursdays, 6:00pm – 7:30pm, Healing Space in Health Clinic

Introducing the Mental Wellness Team



Mahara Allbrett

Senior Mental Wellness Counsellor Health and Wellness Elder

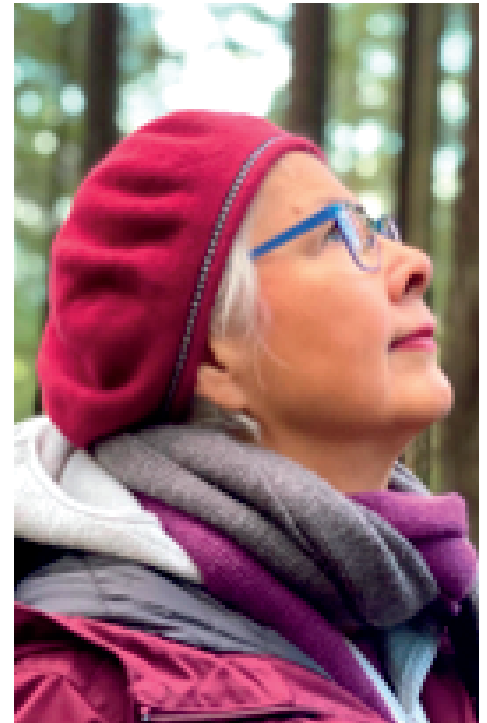
604 353 8193

mallbrett@twnation.ca

Office: 61a

Days: Tues – Thurs

Works with teens and adults



Mahara Allbrett belongs to the T'Sleil Waututh Nation. She is an elder, spiritual healer, counsellor and Family Constellation facilitator, as well as a mother and grandmother.

Her training has involved the following:

- Two years of intensive on-the-job training at the Nechi Institute in Alberta, a training facility for First Nations counsellors to learn how to counsel in First Nations treatment centres. This was an Elder-led organization and the facilitators were supervised by a psychologist.
- Pacific Coast Family Therapy program in Vancouver, a two-year training program in which students had family systems theory in the first year and supervised practice in the second year. All instructors were Registered Clinical Counsellors and/or university professors.

Aside from these programs, Mahara has taken training in various methods of counselling and relevant areas of study and clinical supervision including: dream interpretation, Cognitive Behavioural Therapy, Jungian symbolism, Trauma-informed therapy, Non-violent Communication, the Intensive Journal method, Family Constellation therapy, introduction to Art Therapy, Therapeutic Touch, Reiki (Master level), Dream interpretation and Somatic Experiencing therapy.

Mahara really enjoys working with Family Constellation therapy, which is a form of personal growth and healing that works with the subconscious. Symbols are used in the process to allow the individual a route to resolving issues in their life, including unresolved traumas, grief and past generations 'entanglements'. There is no 'wrong way' for the someone to do their Constellation work and no experience or special skills are required. Constellations are easier to do than to explain and so Mahara encourages you to book in for a Constellation session, as the benefits for people are exponential.

"Family Systems Constellations particularly resonate with Indigenous people because the principles, values and philosophy used are rooted in connection to the family soul, ancestral lineages, ceremonial practices, cultural values and personal life influence on future generations".

Eddie Gardner - Elder from the Stollo Nation and Family Systems Constellation Facilitator

Mahara has been working in the field of counselling since 1988 and facilitating workshops since 1984. In her spare time Mahara enjoys walking in nature with her dog, reading, journaling and doing art.



Introducing the Mental Wellness Team

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"Helping House"

Tsilhqan̓ Nation



Lara Fitzgerald

**RCC, MCP-AT, Level 2 AEDP
Therapist, Art Therapist
Clinical Lead**

604 354 0264

lfitzgerald@twnation.ca

Office: 37

Days: Mon - Fri

Works with all ages



Twenty years ago, Lara relocated to Canada from England (which is the accent you might be confused by) where she had grown up in an Irish/Scottish, working class family. She acknowledges that she is a white woman with many privileges working in an Indigenous community.

Lara's therapy practice is grounded in collaborative, heartfelt, and unique relationship. She values the diverse experiences and authentic selves of the people she's fortunate enough to work with. She believes we're hard wired to heal; each person has innate ability to transform, especially with compassionate guidance. Often her client bonds are fused with humour and loving connection.

Lara's approach springs from her wholistic beliefs in the interconnectedness of our ecosystems. She understands that our mind, body, spirit, and social dimensions are intertwined and must be integrated to create a steady sense of aliveness. Drawing on her Expressive Hatha Yoga Training (YTT 200) that focused on releasing emotions from the body, and being a dancer by nature means she learned to embrace the wisdom of the body and movement centered healing practices. Likely, this training, and her own healing path, have led to her therapeutic passion of working with trauma in all its manifestations. She has specific knowledge and experience of trauma therapy healing.

Lara's theoretical knowledge stems from her Master's degree in Counselling Psychology and Art Therapy at Adler University, and ongoing post-graduate training. She values her education, but equally holds the wisdom of her adverse lived experiences in high esteem. Her training includes: Accelerated Experiential Dynamic Psychotherapy (AEDP – Level 2,) Eye Movement Desensitization and Reprocessing (EMDR,) Emotion Focused Family Therapy (EFFT), somatic body-based practice, Cognitive Behavioural Therapy (CBT,) Humanistic/Existential, Internal Family Systems (IFS,) Art Therapy, Narrative Therapy, and Motivational Interviewing (MI.)

Lara has been a therapist at TWN for 4 years and earlier this year moved into the role of Clinical Lead on the team. She is honoured to work under the guidance and inspired leadership of the Director of Health and Wellness, Andrea Aleck; and the wisdom and guidance of Elder, Mahara Allbrett. Her gratitude for the opportunity to help support the growth of the team is immense.

When she's not working, Lara is making art, dancing, singing, swimming, or doing something adventurous.



Introducing the Mental Wellness Team

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"Helping House"

Tsleil-Waututh Nation



Mardean Neuman

BSW, RSW, CCAC

**Mental Wellness and Addictions
Counsellor**

604 787 5468

mneuman@twnation.ca

Office: 34

Days: Mon - Fri



Works with adults

Mardean Neuman is a B.C. person, born and raised in Fort Nelson in Northern British Columbia and relocated to the Coast Salish Territories. She is honored to live, work and play in this region.

Through the Indigenized education programs at NVIT, she completed a Bachelor of Social Work and an Advanced Chemical Addictions Counsellor Diploma. Mardean has a passion for ongoing learning and skills development and has participated in workshops and courses such as Narrative Therapy, Intervention Skills, Motivational Interviewing and Case Management to enhance the work that she does.

Mardean has been working in Urban Indigenous communities since 2006, supporting communities, families and individuals; meeting them where they are at and walking with them on a journey towards their goals.

Mardean is excited to be returning to the community in a new role, as the Addictions Counsellor. In this revitalized position on the Mental Wellness Team, she looks forward to meeting Tsleil-Waututh members and providing many layers of support: coordinating any referrals and intakes, developing workshops and groups, treatment planning and support, offering addiction focused counselling.

Mardean is a lover of the outdoors and the ocean. On her time off, you may find her walking, cycling, or paddle boarding close by.



Introducing the Mental Wellness Team

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“Helping House”

Tsleil-Waututh Nation



Laura Avery

MCP, Ex-AT, RCC
Mental Wellness Counsellor

778 227 5064

lavery@twnation.ca

Office: 36

Days: Mon - Wed

Works with all ages



Laura is a European settler of mixed German and Scottish ancestry, born on the territories of the Semiahmoo people. She has been gratefully living and working on the unceded territories of the Musqueam, Squamish, and Tsleil-Waututh First Nations for the past ten years. Laura completed her initial Expressive Arts Therapy practicum with the Tsleil-Waututh Nation in 2017, working with children and youth, and joined the TWN health team as an Expressive Arts Therapist in April 2019. Since then, Laura has obtained her Master's in Counselling Psychology at the University of Victoria (Lekwungen territory) and has returned to the team at Ćećəwət leləm “Helping House” as a Mental Wellness Counsellor. Laura is excited to be back working with the Tsleil-Waututh Nation, and feels very fortunate to have the opportunity to continue growing, both as a person and a counsellor, alongside the team at Ćećəwət leləm “Helping House.” Laura identifies as queer and uses she or they pronouns.

Laura's counselling approach draws from a range of counselling theories, while striving to be collaborative in tailoring an approach to therapy that feels right for each person that she works with. First and foremost, Laura believes in the healing potential of relationships, and believes that moving into deepening connection with one another can foster mutual growth and transformation. Laura's counselling work is holistic in approach, in that she recognizes the interconnection between body, mind, emotions, and spirit. Her work is further informed by experiential and somatically oriented counselling approaches, which draw attention to what is unfolding in the "here and now" between the therapist and client, as well as recognize that our bodies are important sources of knowledge.

Finally, Laura's therapeutic orientation is supported by her commitment to anti-oppressive practice, social justice, and the values of Two-Eyed Seeing. She believes that we cannot understand individual healing without understanding the various ways that we may each experience privilege and oppression. In her eyes, Laura understands that systemic change and individual change are interconnected and she recognizes the interrelationship between activism and healing work.

In her spare time, you can find Laura riding her bike, walking her rescue dog, dancing, or hanging out with loved ones.



Introducing the Mental Wellness Team



Jazmin Feschuk

RTC Youth Counsellor

236 335 5783

jfeschuk@twnation.ca

Office: 61b

Days: Tues - Thurs



Works with pre-teens, teens, and young adults

Jazmin's ancestral name is Tem-Pe?iya, from the Shishalh Nation and she is excited to take on this reimagined role as the Youth Counsellor with the Tsleil-Waututh Nation.

She has experience as a mentor, counsellor, and leader for the youth in Shishalh Nation.

Recently, she facilitated Wellness Workshops and Healing Circles for youth, adults and elders. She has worked with Urban Native Youth Association as a Youth Care Counsellor for youth females ages 11-18.

Jazmin offers support around life skills, trauma, addiction, grief and loss, anxiety, depression and other avenues that life brings us. She also provides a space to overcome barriers by fostering personal strengths, building self-trust, and encouraging the people she works with to step into their power to enlighten their journey back to self.

Her work with youth involves supporting them to build connections through their mind, body and spirit by exploring their spiritual, emotional, physical and mental wellbeing that cultivates a sense of balance, authenticity, and empowerment.

Creating space with youth who have walked all different paths in life has led Jazmin to grow immense passion and love that has guided her to offer First Nations communities healing and wellness supports. Growing up, she has walked many paths herself that have led her to embrace her culture, follow a healthy lifestyle, feel a sense of hope, and accomplish her life goals.

She believes that whatever path you've walked in life, you can learn, grow and thrive no matter where you come from or how your journey began.



Introducing the Mental Wellness Team



Twiin (They/Them) **Ancestral Name: Sim Se Muk'tanat**

Peer Support Worker

604 753 9479

tthomas@twnation.ca

Office: 35

Days: Tues - Thurs

**Works with all ages,
Focus on programming,
Offers 1-1 Peer Support Sessions**



Twiin is a 2spirit artist who grew up on the Tsleil-Waututh Nation.

With a background in music, as well as Family and Community Counselling, they are now acting as a Peer Support Worker and are eager to greet the community!

They have lived experience with trauma, addictions, transgender identity, sexuality, and recovery. They recently ran educational programs through AIDS Vancouver, and are currently working on their own business within the entertainment industry.

They specialise in 2SLGBTQIA+ education and public speaking. Their overall goal is to get the community excited about making art and expressing themselves for who they are.

“You don’t need to be discovered. You don’t need to blow up and become a household name. All you need is to truly recognise who you are, and what you have to offer” - twiin

You can find them at that Helping House on 3093 Ghum-Lye Drive, every Thursday from 6:30-8pm; likewise, Twiin is now available for one to one consultations.

“Let's link up- talk about life and do art!” – twiin



Introducing the Mental Wellness Team

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Tsleil-Waututh Nation



Natasha (Tasha) Nystrom **Intern Counsellor**

236-335-4212

nnystrom@twnation.ca

Office: 62

Days: Flexible Days & Hours

9 month clinical placement



Works with all ages

Tasha grew up in Saskatchewan on Treaty 4 territory and is of both settler (Swedish, Scottish, English, German) and Indigenous (Dakota) descent. She acknowledges that she is a white woman who lives with ongoing advantages.

Tasha gratefully lives on the unceded territories of the Musqueam, Squamish and Tsleil-Waututh Nations, where she is working on her Master's degree in counselling at City University. Additionally, Tasha volunteers as a peer-coach through the University of Victoria's Self-Management program supporting people with chronic illness and chronic pain, and she is trained as an Expressive Hatha Yoga teacher (YYT 200). She has additional training in Acceptance and Commitment Therapy (ACT) and Dialectical Behavioral Therapy (DBT), and approaches her work with a Person-Centered, Collaborative, and Somatic lens that is trauma-informed and anti-oppressive.

Tasha comes to her role as a counselling intern with a deep value of connection. She draws inspiration from a holistic view of healing involving body, mind, emotions, and spirit. This is where Tasha finds her main source of hope and where her own healing is rooted.

She is also encouraged by the potential of tiny changes like the rippling a small pebble makes when it's thrown into water. Connecting together in a therapeutic relationship is an honor for Tasha, where you are the expert of your life and she is there with you by your side.

Tasha looks forward to meeting, collaborating together, and offering her unconditional support in a way that you best see fit.

In her free time, Tasha loves walking in nature, listening to music, making art, and spending time with her senior kitty (Tuna Belly) and her partner.



Crisis Supports and Mental Health Resources

The following TWN Crisis Response Plan is for staff and community members who are worried about their own safety and the safety of others as well as the ability to cope with traumatic triggers.

If you have witnessed any of the following, please call the contacts below for support:

- Someone talking about plans to hurt themselves
- Talking about 'ending things' or 'not wanting to be here anymore'
- Wishing they were dead
- Collecting items with which to hurt themselves
- Becoming extremely withdrawn in the wake of a tragedy

If you or anyone you know is looking for support services for counselling or urgent after hours care, please do reach out to the following contacts. If there are any individuals who require assistance completing residential school application forms, we can support you to complete this process. Please reach out and ask us.

TWN Risk Assessments & Referrals

During business hours, the following TWN counsellors can do in-person or distance risk assessments and referrals and counselling services:

- First contact: Mardean Neuman - 604 787 5468
- Second contact: Lara Fitzgerald - 604 354 0264

After business hours, if you or someone you know is experiencing a mental health crisis outside of regular working hours, please call 9-1-1 or go to the closest Hospital Emergency Room.



Indigenous-based Crisis Supports and Mental Health Resources

- BC Crisis Line: 1-800-SUICIDE (1-800-784-2433)
- Kuu-Uu Aboriginal Crisis Line: 1-800-588-8717
- Indian Residential School Survivors Society Crisis Line:
1-855-925-4419
- Indian Residential Schools Resolution Health Support Program:
1-877-477-0775
- Hope For Wellness Help Line: 1-855-242-3310
- Tsow-Tun Le Lum Society (cultural support & outreach services):
1-888-403-3123 (Website: tsowtunlelum.org / Facebook Page:
facebook.com/ttllnanaim)
- Missing and Murdered Indigenous Women and Girls Health
Support Services: 1-855-550-5454
- First Nations Health Authority – Culturally Safe Supports:
fnha.ca/mental-health-and-wellness-supports

Peer Assisted Care Team – North Shore PACT (Weekend Evenings)

During weekend evenings, connect with a peer support worker at PACT, who respond to crisis calls related to mental health or substance use. They provide trauma-informed, culturally-safe support for North Shore residents ages 13+. Hours: Thursday – Sunday, 6PM – Midnight. (Canadian Mental Health Association)

Call: 1-888-261-7228 / Text: 778-839-1831



Additional Supports & Services for Urban and Away From Home Communities

Overdose Outreach Team

http://www.vch.ca/locations-services/result?res_id=1422

Refer or self-refer anyone at risk of overdose for service navigation and connection to care: 604-360-2874

(Vancouver, North Shore, Pemberton/ Whistler area, Sunshine Coast)

Metro Vancouver Indigenous Services Society (MVISS)

Counselling, cultural support, and healing

www.mviss.ca

Intake Navigator: PH 604-255-2394, EXT 110

Email: intake@mviss.ca

Indian Residential School Survivor Society

www.irsss.ca

For CRISIS SUPPORT 24/7, call: 1-800-721-0066

Saa'Ust Centre

IRSS centre in Downtown Eastside

44 East Cordova St, Vancouver, BC, V6A 1K2

Phone: 604-985-4464

